

# Hawaii MARINE SPORTS

Hawaii Marine C Section

November 8, 2002

## Bandits trounce Warriors in 47-0 beating

**Cpl. Jason E. Miller**  
*Combat Correspondent*

During the final game of the regular season, the Warriors of Headquarters Bn. were utterly plundered by the Marine Corps Aircraft Group 24 Bandits during Intramural Tackle Football action Nov. 1 at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay, where they lost their third game of the season, 47-0.

From the first possession when the Warriors went three-and-out and were forced to punt, the Bandits simply controlled every aspect of the game, holding Headquarters Bn. to negative yardage in the first half.

On the Bandits' first possession, the MAG running game led by Cory Pinson reared its ugly head and hammered down the field in only a few plays to the Warriors' two-yard line. Pinson rushed the ball in the end zone on the next carry to put the Bandits on top, where they would stay for the rest of the game.

With only three Warrior rushing attempts the entire game, it was easy for the Bandits to guess where the ball was headed on almost every play. Pressure on Warriors' quarterbacks forced un-



Pfc. Monroe F. Seigle

**Warrior quarterback Vance Moore looks for a receiver under heavy pressure.**

wanted passes and kept Headquarters Bn. scoreless the entire game.

Instead of hoping for big plays, the Bandits first established the run and then struck for another touchdown at 5:23 in the second quarter, when wide receiver

Cory Moore brought down a 20-yard touchdown pass from quarterback Ron Bradbury.

During their next possession, the Warriors fumbled the snap and gave MAG-24 another chance to score.

Two plays later, Bradbury found wide receiver John Baker for a 10-yard touchdown pass that put the Bandits ahead, 21-0, after the extra point.

When the Warriors got the ball again, defensive tackle Joel McCoy brought down the Warriors' quarterback for two sacks and forced yet another punt, which only went nine yards before being downed by the Bandits.

The Bandits were again right in scoring territory and looking to capitalize once more before halftime. This time, though, the Warriors' defense held the Bandits to a 47-yard field goal attempt by Tim Legros, which sailed to the left of the upright.

The Warriors were looking to score just before the half, as they began mounting a drive. But, after throwing an interception, the Bandits had time for one last play before the half.

Bradbury avoided a sack and

*See FOOTBALL, C-3*

## Boxing résumés now due to HQMC

**Bryan Driver**  
*Public Affairs Specialist, Headquarters Marine Corps*

**MCB Camp Lejeune** — Marine Corps Community Services Camp Lejeune will host the 2002 All-Marine Boxing Trials at the Goettge Memorial Field House Nov. 19 through 21. Opening ceremonies will be held Nov. 19 at 7 p.m., and all matches will begin at 7:30 p.m.

Boxers who are interested in participating in the trials must have at least two years of competitive boxing experience and submit an athletic resume to Headquarters Marine Corps' Semper Fit for approval. Boxers selected to compete will be sent to Camp Lejeune on permissive temporary additional duty orders and have their transportation expenses funded.

For more information, contact the USMC Boxing Team at 910-451-2061. Call HQMC's Semper Fit at 703-784-9542.

## 1/3 strikes out against Headquarters

**Pfc. Monroe F. Seigle**  
*Combat Correspondent*

The Headquarters Bn. softball team aboard MCB Hawaii, Kaneohe Bay, defeated 1st Bn., 3rd Marine Regiment, in a 13-2 victory to kick off the season Tuesday night.

The 1/3 team got on the board first when left fielder Jason Kelly lined a double and then went on to score off of a single by Jason Gates.

Headquarters Bn. struck back with some fury, putting four runs on the board in the bottom of the first, with a double by outfielder Clayton Edwards, and another by outfielder Pete Adams.

To add insult to injury, Headquarters Bn. continued to march over 1/3 with a triple by James Baughman followed by an in-the-park-home run by Jason Gates, bringing the score to 4-1.

The second inning came up empty for 1/3 after two singles. Headquarters Bn.'s offense continued its onslaught by adding two more runs via Adams and Baughman off of line drives, bringing the second inning to a close with Headquarters Bn. in the lead, 6-1.

Headquarters Bn. continued to shut down 1/3's offense in the third inning, keeping them scoreless and only allowing them one more run in the 4th when second baseman Michael Timmerman scored off of a sacrifice fly.



Pfc. Monroe F. Seigle

**Clayton Edwards, out fielder, crosses home plate scoring the first run for HQBN in Tuesday night's game.**



Pfc. Monroe F. Seigle

**Stewart Langford, pitcher for 1/3, aims for a strike in Tuesday night's game.**

In the fifth inning, Headquarters Bn. let the dogs out on the 1/3 defense with constant line drives, scoring five runs and bringing the fifth inning to a close with Headquarters Bn. leading the way, 11-2.

The sixth inning was the last time 1/3 would be able to penetrate the tough Headquarters Bn. defense, and left fielder Jason Arena and Kelly scored off a double by Gates.

Neither team would score in the last inning of the game, and Headquarters Bn. celebrated with plenty of motivation for their next game.

## K-Bay gymnasts compete, place in islandwide contests

**Story and Photos by  
Sgt. Alexis R. Mulero**  
*Combat Correspondent*

Five female keiki from the MCB Hawaii, Kaneohe Bay, gymnastics team competed at the 7th Annual Hawaii Academy Turkey Classic in downtown Honolulu, Sunday.

Savannah Long, Sierra Fisher, Stephanie Lozada, Hannah Power and Beatrice Rodin competed against more than 60 other gymnasts on Oahu to place in four different events.

"Each competition serves as a stepping-stone towards higher-level ones," said Di Rodin, head coach and director for K-Bay Gymnastics.

The first event of the day for the K-Bay ladies was the balance beam in which Long placed fifth among 11-year-olds, and Powers, Rodin, Lozada and Fisher placed second, third, eight and tenth, re-



**Hannah Power salutes the judges prior to her performance during the Floor Exercise during Hawaii Academy's Turkey Classic, Sunday.**

spectively, among 12-year-olds.

In the acrobatic and graceful floor exercises, Long placed seventh, and Rodin, Powers, Fisher and Lozada placed seventh, ninth, tenth and eleventh, respectively.

Long placed third on the high-flying

vault, and Rodin, Powers, Fisher and Lozada placed sixth, eighth, ninth and tenth.

The last event was the uneven bars in which Long placed seventh, Lozada



**Savannah Long strikes a pose during one of her turns in her floor exercise during Hawaii Academy's Turkey Classic, Sunday.**

*See GYMNASTS, C-3*



# BASE SPORTS

## Debbie Robbins MCCS Public Relations

### MCB Hawaii to Host 5th Annual Turkey Trot

If you think that a delicious dinner and sound sleep are what define the Thanksgiving season, you must have forgotten about the 1st Radio Bn.'s 5th Annual Turkey Trot, Nov. 23 at 8 a.m.

The event is a combined 10K race and a one-mile Family Fun Run aboard MCB Hawaii, Kaneohe Bay, which will give you a chance to burn off the calories that will accompany your Thanksgiving feast.

The entry fee is only \$15 for the Turkey Trot (includes a free T-shirt) and the Family Fun Run is free for both adults and children.

Awards will be presented to the 1st, 2nd and 3rd overall competitors, along with 1st place awards going to the individual division winners.

In addition to all of the fun, 50 lucky entrants will walk away with a complimentary Thanksgiving turkey, compliments of Safeway. Refreshments will also be available.

Information packets will be available for pick-up at the Semper Fit Center,

Bldg. 3037, on Nov. 15th and 16th between the hours of 9 a.m. to 4 p.m.

For additional information, please contact Varsity Sports Coordinator Steve Kalnasy at 254-7590.

### Paintball Takes Aim

Let your "inner-predator" come out. Spend a day practicing your combat skills with Paintball Hawaii.

A tournament is being held Nov. 16 from 9 a.m. till 5 p.m. aboard MCB Hawaii, Kaneohe Bay. There will be a captains' meeting at 8 a.m.

The cost is \$75 for each 3-person team with unlimited rounds included.

The field is normally open Fridays, by appointment only, 1 - 5 p.m.; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

Private games and birthday parties are welcome. Select Fridays are available for training exercises and unit events.

For individual play, the cost is \$40 per person and includes all rental equipment and 400 rounds.

For unit training, the cost is \$20 per person. Players have the option of bringing their own paint or buying it at the field. For more details, contact Paintball Hawaii owner Roland Manahan at 265-

4283, or SMSP at 254-7593.

### Fast Pitch Seeks Players

Intramural Sports Coordinator Joe Au is seeking command interest in fielding intramural baseball teams for January.

This will be a fast-pitch baseball league. Interested military members should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

### Rocker Room Rolls with Pigskins

Cheer on your favorite NFL football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m., and plenty of free prizes and pupus will keep you and your gang coming back for more.

Each week the Rocker Room will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. and become eligible to win the regal recliner during Super Bowl Sunday.

### Throw Strikes at K-Bay's Lanes

Bowling is back, and back "with attitude!" Monday through Thursday, E-5 and below can bowl for \$1.50 per game

with free shoe rental at K-Bay Lanes.

Bowling leagues for youth, women, intramural and a Wednesday night mixed foursomes are starting. All bowling levels are welcome.

Check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m.- 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes also features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

Birthday and private parties are welcome. Please call ahead to schedule.

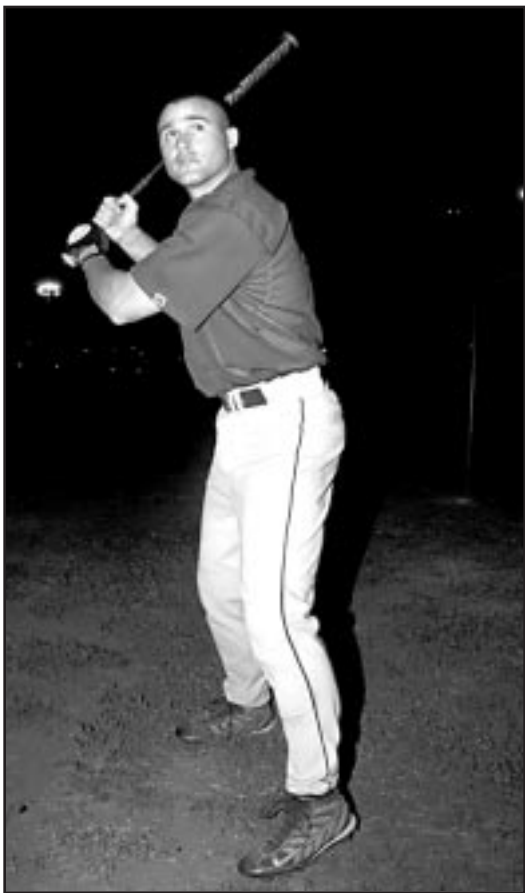
For more information, call K-Bay Lanes at 254-7693.

### SM&SP Offers Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for Single Marine and Sailor Program only. The deadline for the Saturday tee-off is Thursday at 5 p.m., and Sunday's deadline is Friday at 5 p.m. For more details, call 254-7593.



Pfc. Monroe F. Seigle

*"Softball has given me a competitive edge, and it keeps me on my toes."*

## Base All Stars

**NAME:** Staff Sgt. Jason Kelly

**BILLET:** Platoon Sergeant

**UNIT:** Bravo Co., 1st Bn., 3rd Marine Regiment

**SPORT:** Softball

**POSITION:** Left Field

• Began playing softball 12 years ago.

• Participated on the 3rd Regional Marine Softball Team.

• Was on the Marine Corps Air Ground Combat Center, 29 Palms, All Star Team.

## Raiders sack Outlaws in playoffs



Pfc. Monroe F. Seigle

Chris Graper of the Combat Service Support Group 3 Outlaws loses yardage after being sacked by a gang of Raider defenders during Monday night's game. Although the Outlaws played tough, the Raiders won, 20-14.

# COMMUNITY SPORTS

### Trekkers Invited to Hike, Sunday

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Sunday at 7 a.m. when it takes a chest-heaving, toe jamming, knee cracking, butt-wrenching climb.

The mountain views will be spectacular, and the company will be sublime, when the crew tackles Pu'u Heleakala.

If you're interested in participating on this six-mile, advanced-level trek in Nanakuli, contact coordinator Fred Dodge at 696-4677, for more information.

### Hunter Classes Offered Today and Saturday

Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes today (from 5:45 -10:15 p.m.) and Saturday (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.

Learn about archery safety, wildlife identification, conservation and more.

This free class is open to anyone 10 years old and above who enjoys outdoors. Attendance is required both days for certification. Preregister at 587-0200.

### Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as well as mixed doubles.

The cost is \$30 per team, and the entry deadline is Nov. 8.

Make checks payable to the Hale Koa Hotel and mail them to:

D. Conroy, Hale Koa Hotel Tennis  
2055 Kalia Road  
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

### Charity Fishing Tournament Scheduled, Nov. 15 - 17

All ages, whether boating or shoreline, are invited to participate in Haleiwa Joe's Charity Fishing Tournament, Nov. 15 through 17, beginning at sunset (about 6 p.m.)

Plenty of prizes will be awarded in categories such as largest ulua, largest papio, largest reef and largest game for manini (7 and under), keiki (8 to 12), teens (13 to 17) and adults (18 and over).

T-shirts (\$13) and banquet tickets

(\$10) will be available for entries received by the Nov. 13 deadline. (Late entrants will not be guaranteed a T-shirt on the day of the event.)

Final weigh-in time will go Nov. 17 from 12 - 2 p.m. for boaters, and from 2:30 - 4:30 p.m. for shoreline fishers.

Cost is \$15 for 12 and under, \$25 for teens and \$40 for adults.

Proceeds benefit Haleiwa Joe's Windward Scholarship Fund. For more details, contact Tim York at 247-6671.

### Family Hike Goes Nov. 16

The Hawaii Trail and Mountain Club challenges novice hikers to tackle a special family hike, courtesy of the Nature Conservancy, Nov. 16 at 8 a.m.

A standard favorite, but still a bit of a challenge, this five-mile, intermediate-level outing will allow hikers to enjoy nature to their heart's content.

This new hike loop will skirt cultural sites, the wreck of an old B-24 from World War II and some rare plants.

As with all HTMC hikes, bring your own lunch and water, wear sturdy shoes and clothing, and exercise caution.

The \$2 donation and an additional \$5 reservation fee is requested. Children under 18 must be accompanied by a responsible adult. Also, trails and lunch sites must be kept litter free, and firearms, pets, radios and other audio devices are prohibited on all hikes.

### Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Recreation (at 259-8080) offers plenty of outdoor activities.

Learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Learn ocean kayak skills, including deep water recovery, navigation, water safety, and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

Pay for classes and pick up your life jacket at Equipment Check Out.

For more information, call Bellows Recreation at 259-8080.

## Post-Season Tackle Football Stats and Schedule (Records as of Nov. 6)

### Monday, Nov. 4

1/3 Raiders	20
vs.	
CSSG Outlaws	14

### Wednesday, Nov. 6

MAG-24 Bandits	41
vs.	
Camp Smith Mountain Warriors	0

### Tuesday at 6 p.m.

HQ 3rd Marines Bone Crushers	
vs.	
1/3 Raiders	

### Monday

To be announced

### Nov. 15 at 6 p.m.

Championship game

GYMNASTS, From C-1

third, Fisher seventh, and Powers and Rodin tied for ninth.

Afterward, the scores were added and then averaged for the overall winners. Long placed seventh among her age group, Rodin sixth, Powers eighth, Lozada ninth and Fisher eleventh.

The K-Bay team didn't have enough competitors to be eligible for the team awards, and they went to Hawaii Island Twisters, Hawaii Academy and Hickam Air Force Base's gymnastics teams.

"The K-Bay athletes already qualified for the state meets during their first-ever competition last week," said Rodin. "This tournament offered them another opportunity to experience and understand gymnastic competitions."



Head Coach Di Rodin demonstrates a proper handstand.

The members of the team have been training for less than a year.

"The competition is an important part of the athletes' development because it teaches them to take responsibility for their performance, and that can't be taught during practice," explained Rodin.

FOOTBALL, From C-1

launched a "Hail, Mary!" to the end zone, where Corey Moore came down with another MAG touchdown as time expired in the half. The Bandits led 28-0 at halftime.

More of the same followed in the second half, as MAG-24 continued to pile points atop the Warriors defense, who had been on the field most of the game because of pitiful offensive play by the Warriors.

The talent pool runs deep on both teams, but MAG-24 simply put together an all-around game that couldn't be slowed down all night. By the end of the game, MAG-24 led, 47-0.

The Warriors finish the season with a 3-3 record, while the Bandits improved to 5-1. Both teams are looking ahead to the playoffs, which are currently underway.



Pfc. Monroe F. Seigle



Pfc. Monroe F. Seigle

Above — Vance Moore, quarterback for the Warriors, looks downfield for an open receiver during the game Nov. 1.

Left — Jarold Hager kicks the ball downfield.



SPORTS AROUND THE CORPS

USAF captain wins Marine Corps Marathon

Press Relase  
Public Affairs Office  
MCB Quantico, Va.

MARINE CORPS BASE QUANTI-  
CO, Va. — Under clear blue October  
skies, U.S. Air Force Capt. Christopher  
Juarez won the 27th Marine Corps  
Marathon, completing the 26.2-mile  
course in a time of 2 hours, 25 minutes,  
1 second.

“To be in the Air Force and win the  
Marine Corps Marathon is a great feel-  
ing,” said Juarez. “No one can ever take  
that away from me.”

Top female finisher, Elizabeth Scanlon  
crossed the finish line with a time of  
2:57:27.

“The worst part was the 14th Street  
Bridge,” said Scanlon. “It seemed like it  
was never going to end.”

First place in the wheelchair Division  
belonged to Holly Koester with a time of  
3:06:32.

The Marine Corps Marathon is an am-  
ateur race beginning and ending at the  
Marine Corps War Memorial.

It is the sixth largest marathon run in  
the United States, and the 10th largest in  
the world.

With cannons firing, an estimated  
17,000 runners started the race. The  
course took the runners around the  
Pentagon, across the Francis Scott Key  
Bridge into Georgetown, a short route in-  
to Rock Creek Park before heading past  
the Lincoln and Jefferson memorials and  
the Washington Monument. Runners  
then headed down along the National  
Mall before passing the Capitol. The  
marathoners then headed for home by



Sgt. Jason Anderson

Christopher Juarez makes a break around the 22-mile marker after running in the pack with other expected top finishers. He stayed in the lead to win his first Marine Corps Marathon.

returning to Arlington via the 14th Street  
Bridge. The runners completed their  
journey at the Marine Corps War  
Memorial, crossing the finish line and re-  
ceiving their finisher medals.

The Marine Corps Marathon offers no

prize to the winner. However, many ran  
the race not necessarily to win a medal,  
but to support and gain attention for oth-  
er causes such as the disabled, leukemia,  
sickle cell anemia and cerebral palsy.

Some groups, like the Ground  
Pounders, have made

it a “Marine Corps tradition” by running  
every one of the 26 previous races.

Others made sure the marathon stayed  
true to its name as “The People’s  
Marathon” by wearing costumes and  
other non-traditional running outfits,  
while many showed their patriotism and  
support with American flags.

# Self exams key to deterring breast cancer

**Retired Navy Capt.  
Elizabeth K. Zachariah, M.D.**  
*Head, Radiology Department  
Naval Medical Clinic, Pearl Harbor*

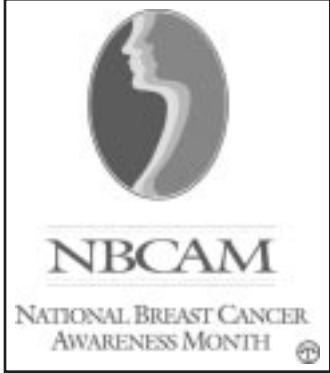
Breast cancer is one of the most common forms of cancer among women, surpassed now only by lung cancer. It is an equal opportunity killer, affecting all ages, races and, on a lesser scale, the male gender.

Statistically, it is found more frequently among the Caucasian race and women.

One in nine women are diagnosed with breast cancer. As women age, the risk of developing the disease increases.

Absolute risk factors include gender and history of the disease in immediate family members (mother and sisters).

Early detection is the best way to combat the disease. A breast self-exam should be conducted monthly, two to three days prior to a woman’s menstrual cycle. Your Primary Care Manager can also perform breast examinations, provide guidance on how to perform the self-exam and arrange for a mammo-



gram screening, as necessary.

Mammograms are the most valuable medical tool for providing early diagnosis and treatment. The American College of Radiology recommends that women should receive their first mammogram at age 35, should repeat exams every other year between ages 40-50, and annually thereafter.

Many women are afraid of having a mammogram.

“The rumors are not true! A mammogram is not unbearably painful!” explained Joy M. Matthies, a mammography technologist at the Naval Medical

Clinic Pearl Harbor. “A mammogram is an X-Ray picture that is produced by a low-dose radiation machine with a fast screen developing process.

“The process of taking the mammogram is completed during a short, 15-minute visit,” Matthies added.

“Prior to the exam, I was very nervous,” explained Shelia Sharp, a patient at Branch Medical Clinic Makalapa who described her first screening. “I had heard that it was a very painful procedure.

“After the exam, I realized it wasn’t as painful as I had been told. The staff took

great care to put me at ease by explaining the process every step of the way,” Sharp continued. “The peace of mind was well worth the minor discomfort.”

Mammography can only be performed by treatment facilities that are closely monitored by the Food and Drug Administration and the American College of Radiology. These facilities must complete annual certification requirements.

Both the FDA and the ACR evaluate the quality of exams and the credentials of the facilities’ staffs.

Naval Medical Clinic Pearl Harbor conducts approximately 2,300 mammograms annually. A board-certified radiologist and two American Registry of Radiologic Technologists certified in mammography provide mammogram services to Pearl Harbor ohana.

All women should remember to conduct their monthly breast self-exam and to contact their PCM to discuss concerns.

For appointments at Branch Medical Clinic Makalapa, call 473-0247. Call 257-2131 for appointments at Branch Medical Clinic Kaneohe Bay.

## Myths abound regarding breast cancer; early detection aids

**NAPS**  
*Featurettes*

With all the focus on women and health these days, what is it that prevents women from really taking care of their own health?

With all the evidence that suggests early detection of breast cancer can be instrumental in saving lives, why would women forgo getting a routine mammogram?

What’s more, with information available on the benefits of early detection that show there may be less need for invasive treatment and better outcomes, why do women seem to ignore the facts?

There are several reasons. Among the top barriers to early detection of breast cancer, some women think that they are not at risk because breast cancer does not “run in their family;” some believe that the results of a mammogram will be breast cancer, so they avoid the test; still other women lack insurance or financial resources to pay for mammograms; and still others believe that if they are over 65, they do not need a mammogram.

Here are some quick facts:

- Only five to 10 percent of all breast cancers can be attributed to inherited genetic mutations.

Most women diagnosed with breast cancer do not have a fam-

ily history of this disease. Therefore, beginning when a woman is 40 years old, routine mammography and a clinical breast exam is strongly recommended by most health care organizations.

Women 20 and older should practice monthly breast self-examination and report any unusual changes in their breasts to their healthcare provider.

- While fear of finding breast cancer is a motivating factor for many in not obtaining a mammogram, in fact more than half the time, breast cancer found via mammography is found at early, more treatable stages.

Early detection of this disease leads to earlier treatment when

the tumor is still small and requires less invasive procedures.

- Medically underserved women can find places offering no-cost mammograms by contacting the Centers for Disease Control and Prevention at 1-888-842-6355.

- Women over 65 should receive routine mammography screening and clinical breast exams because risk increases with age, and therefore, early detection is more important than ever if you are an older woman.

In fact, the average age at diagnosis is 63 years of age. Women, especially in this age group, should talk to their physicians and be sure to schedule a mammogram and clinical

breast exam.

Education about options for breast health is important. Women should be informed so that they can make educated choices about breast health.

Resources such as the National Breast Cancer Awareness Month Campaign provide information on its Web site, [www.nbcam.org](http://www.nbcam.org).

The regularly updated link searches the sites of the Board of Sponsors, a group of 19 national public service organizations, professional associations and government agencies including the American Cancer Society, the National Cancer Institute and the AstraZeneca Healthcare Foundation.

# Use care with kid medicines

**NAPS**  
*Featurettes*

When your child has a fever, a cold, the flu, or any other common ailment, what should you do? According to the National Council on Patient Information and Education, parents need to “Be MedWise” with over-the-counter medicines for infants and kids:

- Only use medicines formulated for infants and children because their metabolisms are very different than those of adults. Never cut adult-strength tablets in half or try to estimate a child’s dose of an adult-strength liquid. Similarly, giving older children liquid medicines that are especially formulated for babies can also lead to dosing errors.

- Always use the dosing device packaged with medicine to make sure that infants and kids get the intended dose. Never use kitchen spoons or other home utensils to measure medicine doses.

- Know your child’s weight as most pediatricians and pharmacists agree that the child’s weight is the best way to determine correct dose.

- Compare ingredients when giving more than one OTC medicine. Read the “drug facts” label on each product to compare the active ingredients and uses. It’s possible to give your child two different products that contain the same active ingredient.

- Follow the directions carefully. This way, you’ll understand the dosing instructions and be aware of any warnings.

- When in doubt, ask your doctor or pharmacist *first*. Your child’s health is too important to guess. See [www.bemedwise.org](http://www.bemedwise.org).